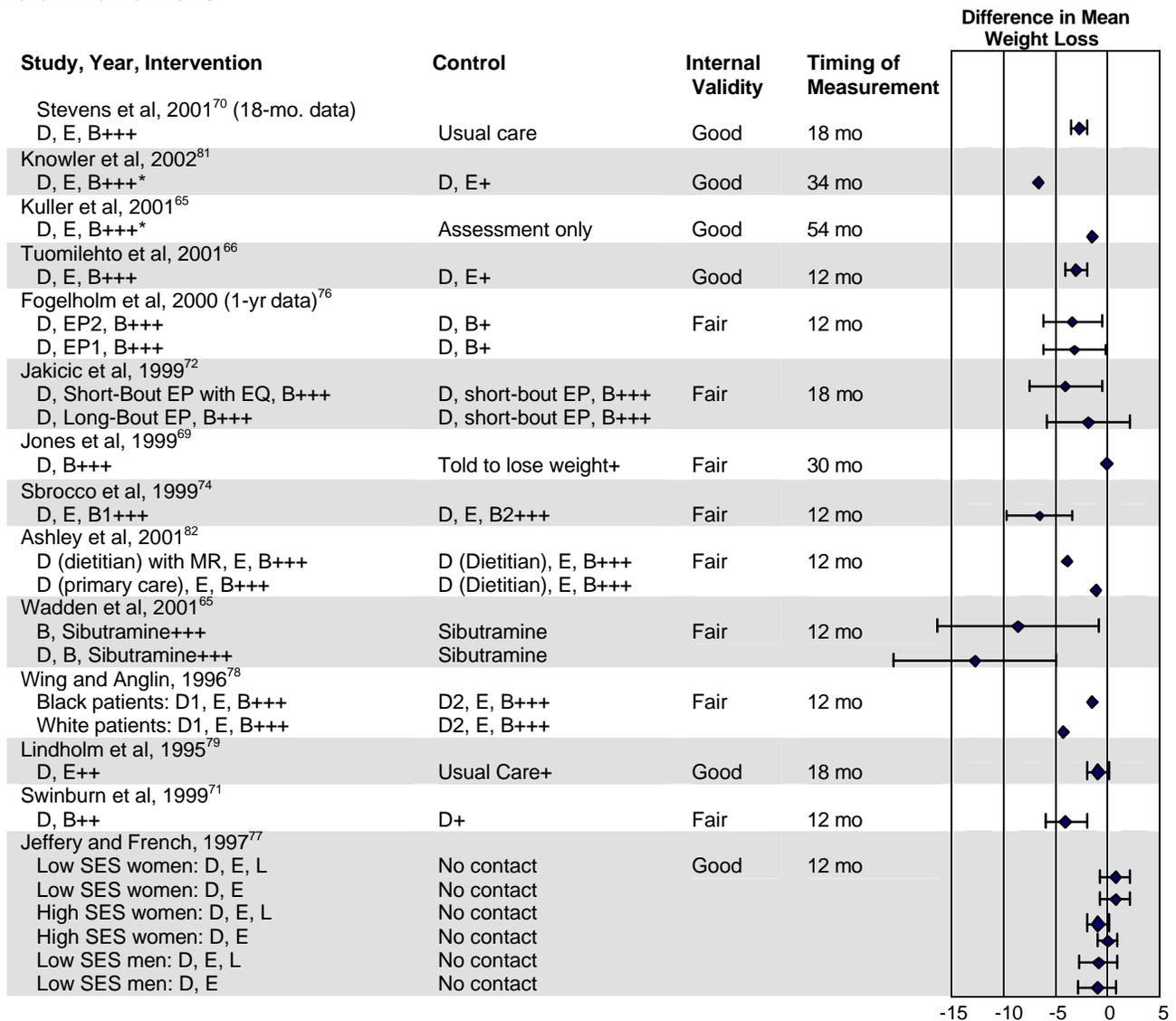


Figure 1. Differences in Mean Weight Loss Between Intervention and Control Groups for Counseling and Behavioral Interventions



Note: Only studies for which this difference can be calculated are included. Error bars represent 95% confidence intervals and are presented for studies in which those data are available. Data presented are as close as possible to 1-year follow-up.

* Statistically significant ($P < 0.05$) but with insufficient data to calculate 95% confidence intervals.

† B, behavioral therapy; D, diet; E, exercise; EP, exercise program; EQ, exercise equipment; L, lottery entry; MR, meal replacement; SES, socioeconomic status; +++, high intensity; ++, moderate intensity; +, low intensity.